



Chicken and Roasted Aubergine Noodles with Tahini Miso Sauce

Calorie Smart 30 Minutes • Little Spice • Under 600 Calories • 2 of your 5 a day



Aubergine



Garlic Clove



Coriander



Red Chilli



Diced Chicken Breast



Honey



Miso Paste



Tahini Paste



Soy Sauce



Egg Noodle Nest

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Baking Tray, Garlic Press, Frying Pan, Wooden Spoon, Measuring Jug, Bowl, Sieve.

Ingredients

	2P	3P	4P
Aubergine**	1	1½	2
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Red Chilli**	½	¾	1
Diced Chicken Breast**	280g	420g	560g
Honey	1 sachet	1½ sachets	2 sachets
Miso Paste 11)	15g	22g	30g
Tahini Paste 3)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Water for the Sauce*	80ml	120ml	160ml
Egg Noodle Nest 8) 13)	2 nests	3 nests	4 nests

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	415g	100g
Energy (kJ/kcal)	1754 /419	423 /101
Fat (g)	13	3
Sat. Fat (g)	2	1
Carbohydrate (g)	32	8
Sugars (g)	13	3
Protein (g)	44	11
Salt (g)	2.61	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame **8)** Egg **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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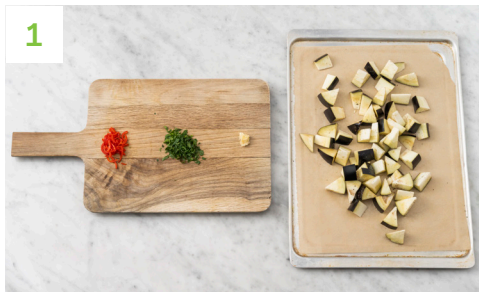
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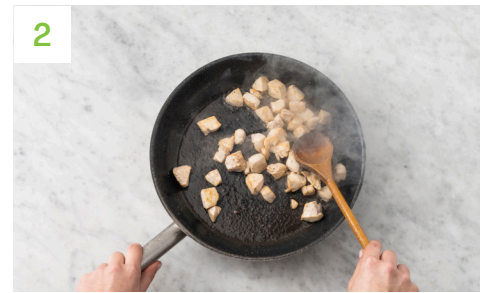
Get Prepped

Preheat the oven to 200°C and bring a saucepan of **water** up to the boil with ½ tsp of **salt** in preparation for the **noodles**. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces. Pop them on a large baking tray. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all). Halve the **chilli** lengthways, deseed then finely chop.



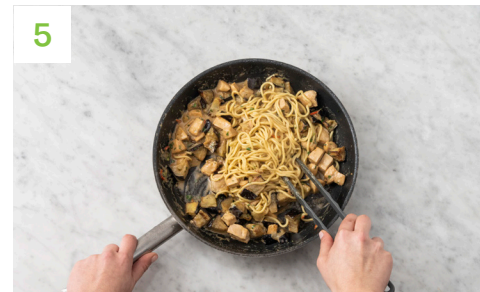
Mix it Up

Once the **aubergine** is out of the oven, stir it into the pan with the **chicken**. Add the **garlic** and a pinch of **chilli** (add less if you don't like too much heat). Stir and cook for 1 min, then add the **sauce** you just made. Stir to coat, then leave on medium-high heat to bubble for 30 secs, until slightly reduced.



Get Cooking

Season the **aubergine** with **salt** and **pepper**. Drizzle with **oil**, toss to coat, then roast on the top shelf of the oven until golden, 20-25 mins. Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **chicken** and fry, stirring regularly, until golden all over and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



Dress the Noodles

Add the **noodles** and **half** the **coriander** to the pan with the **chicken** and **aubergine**. Toss together to combine until piping hot, then remove from the heat.



Make the Sauce

Pop the **honey**, **miso**, **tahini**, **soy sauce** and the **water** (see ingredients for amount) into a medium bowl and mix together with a fork. Season with **pepper**. When the **aubergine** has 5 mins left in the oven, add the **noodles** to the boiling **water** and cook for 4 mins. Once cooked, drain in a sieve, pop back in the pan and drizzle with a little **oil** to stop them from sticking together.



Dinner Time

Divide the food between your bowls. Sprinkle over the remaining **coriander** and add another pinch of **chilli**. Dig in.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.